

## Register Now for Spring Youth, Teen Sports

**Gaithersburg, MD – (February 1, 2019)** Registration is now open for Spring Youth and Teen Sports programs in the City of Gaithersburg. Spring offerings include t-baseball, baseball, softball, soccer, volleyball, tennis, and track and field. A new speed and agility clinic is also available. Gaithersburg Sports leagues offer one practice and one game per week, allowing youth and their families time for other activities. The City also offers Start Smart™ programs for 4 to 6 year-olds in tennis, baseball and golf. Start Smart is an international program designed to introduce youth, along with their parents, to the world of sports.

Registration for most programs is open until March 1. Some programs have limited space and will be filled on a first come, first served basis. Start Smart programs are limited to the first 20 participants.

Spring Youth and Teen Sports offerings include:

- Start Smart™ Tennis for Youth Ages 4 – 6 and their Parents
- Start Smart™ Baseball for Youth Ages 4 – 6 and their Parents
- Start Smart™ Golf for Youth Ages 4 – 6 and their Parents
- Boys T-Baseball Grades K – 2
- Girls T-Softball Grades K – 2
- Girls Softball Grades 3 – 5 and 6 – 8
- Coed Baseball (JUGS - Machine Pitch) Grades 2 – 5
- Boys Soccer Grades K, 1 & 2, 3 & 4 and 5 & 6
- Girls Soccer Grades K, 1 & 2, 3 & 4 and 5 & 6
- Teen Volleyball Grades 6 – 8
- Boys and Girls Volleyball Grades 4 & 5
- Track and Field Ages 7 & 8, 9 & 10, 11 & 12, and 13 & 14
- Pee Wee Tennis Ages 5 – 7
- Youth Tennis Ages 8 – 12
- Teen/Adult Teen Ages 13+
- Speed & Agility Training Ages 10 – 18
- Girls Intermediate/Advanced Volleyball Clinic Grades 9 - 12

Register online and view complete program details at [www.gaithersburgmd.gov/recxpress](http://www.gaithersburgmd.gov/recxpress), fax your registration to 301-948-8364, or visit the Activity Center at Bohrer Park, 506 South Frederick Avenue next to Gaithersburg High School. For more information visit [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) or call 301-258-6350.

The City is also seeking volunteer coaches for these sports programs. All volunteers who wish to coach for the City of Gaithersburg will go through a background check and will receive certification through the Positive Coaching Alliance. A clinic will be held on Monday, March 18 at 7 p.m. at the Activity Center at Bohrer Park. Call 301-258-6350 for more information.

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